



NEWS RELEASE

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FOR IMMEDIATE RELEASE

City Of Las Vegas July 2012 Senior Special Events

Las Vegas Residents Invited To Celebrations, Luncheons & Activities At City Centers

The city of Las Vegas active adult and senior centers offer exercise, fitness, craft, arts, dance, music and computer classes; cards; games; discussion and social groups; luncheons; sports; and special events Monday through Friday to residents age 50 and better. Many of these activities contribute to wellness and a healthy lifestyle. A listing of classes and activities is published in the Beyond the Neon Leisure Guide, available in the centers and online at www.lasvegasnevada.gov/Find/recreation.htm. All activities are subject to change. **Most activities require \$2 annual membership to city of Las Vegas Senior Citizen Programs, available at all senior and active adult centers.** Centers will be closed July 4.

Tuesday and Friday Ballroom Dances (ages 50+)

Tuesdays, 3 to 5:30 p.m. and Fridays, 2 to 4:30 p.m.

Cost: \$4 per day.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Ballroom dance socials are held every Tuesday and Friday afternoons with live music from Boyd Coulter and his band.

Independence Day Brunch (ages 50+)

Thursday, July 5, 10 to 11:30 a.m.

Cost: \$3. Advance registration required. Call 229-1515 to register.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave. (702) 229-1515.

Celebrate our independence with an All-American meal, brunch style!

4th of July Potluck (ages 50+)

Thursday, July 5, 11:30 a.m. Please be prompt!

Free with a dish to share.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

In celebration of Independence Day, enjoy different foods from various places. Bring a dish large enough to share and join in on the fun. Sign up with what dish you will bring by June 26.

Annual Red White and Blue Breakfast (ages 50+)

Friday, July 6, 8:30 a.m.

Cost: \$3. Advance registration required. Call 229-1600 to register.

Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

Enjoy delicious pancakes, blueberry sauce, strawberries, and whipping cream as part of this annual breakfast.

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Chair Massage (ages 50+)

Tuesday, July 10, 10 a.m. to noon, and Wednesday, July 18, 1:30 to 3:30 p.m.

Cost: Free.

Lieburn Senior Center, 6230 Garwood Ave., (702) 229-1600.

See how relaxing a chair massage can be. Call 229-1600 to register. Space is limited.

Under the Sea Luncheon (ages 50+)

Wednesday, July 11, 11:30 a.m. Registration opens June 18. Advance registration required.

Cost: \$8.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Enjoy lunch and an interactive program with experts from Shark Reef Aquarium. Learn about sharks, habitats, food chains, and other discoveries from the deep.

Red, White and Blue Barbecue (ages 50+)

Thursday, July 12, 11:30 a.m.

Cost: \$5. Advance registration required. Call 229-6454 to register.

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Enjoy barbecued chicken, potato salad and homemade peach cobbler!

Bunco Celebration (ages 50+)

Wednesday, July 18, 10 a.m. Registration opens June 18. Advance registration required.

Cost: \$5.

Centennial Hills Active Adult Center, 6601 N. Buffalo Drive, (702) 229-1702.

Celebrate National Parks & Recreation Month with grilled hotdogs, baked beans and Bunco!

Chill Out Luncheon (ages 50+)

Wednesday, July 18, 11:30 a.m. to 1:30 p.m.

Cost: \$5. Advance registration required. Call 229-1515 to register.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave. (702) 229-1515.

Escape from the summer heat with a luncheon that features cool foods!

Ice Cream Social (ages 50+)

Wednesday, July 18, 1 to 3 p.m.

Cost: \$1 per sundae (while supplies last).

Las Vegas Senior Center, 451 E. Bonanza Road, (702) 229-6454.

Celebrate National Ice Cream Month with a sundae! You choose the toppings!

All-American Day Lunch (ages 50+)

Thursday, July 19, 11 a.m. to 12:30 p.m.

Cost: \$3 per person.

Doolittle Senior Center, 1930 N. J St., (702) 229-6125.

Join Doolittle Senior Center in celebrating National Hot Dog Day. Enjoy hot dogs, potato chips, potato salad, lemonade and apple pie. Must register by July 13. Call 229-6125 to register.

Culinarian's Club (ages 50+)

Thursday, July 26, 10:30 a.m. to 12:30 p.m.

Cost: \$3. Advance registration required. Call 229-1515 to register.

East Las Vegas Community/Senior Center, 250 N. Eastern Ave. (702) 229-1515.

Try a new recipe each month with the Culinarian's Club, a demonstration cooking class for seniors.

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